

# Good for your body Good for your mind

It's the perfect time to get active.  
When you move more you not only  
give your body a boost, but you give  
your mood a lift too.

Find ways to get active at

[nhs.uk/better-health/get-active](https://nhs.uk/better-health/get-active)



**Better  
Health**

Let's  
do this



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